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## The Pacifican April 13, 2017

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# THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

Volume 108, Issue 14

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Thursday, April 13, 2017

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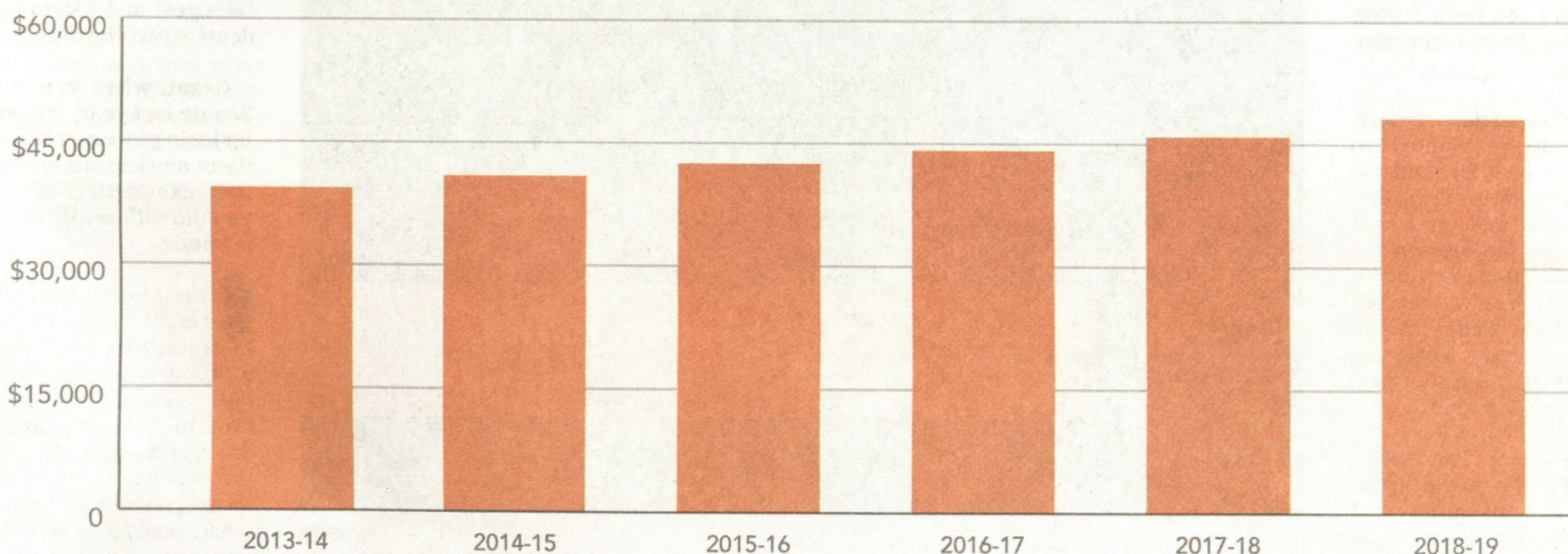
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## Tuition Increase set for 2017-18 Academic Year

University of the Pacific Tuition Trends



PC: Oscar Chow

### Natalia Gevara Opinion Editor

Many college students are constantly worrying about the debt they will face after graduation as many have resorted to taking out student loans in order to pay for a higher education.

According to the Institute For College Access and Success, approximately 43 percent of 2015 college graduates in California are left

with student debt. "This is the reality for many students at Pacific, as a tuition increase was approved for the 2017-2018 school year

University of the Pacific's Board of Regents approved what President Pamela Eibeck refers to as a "modest tuition increase" for the 2017-18 academic year. The tuition will be increased by 3.9 percent, from \$44,068 for the 2016-17 academic year to \$45,786.

Furthermore, the man-

datory fees used to support the wellness center, student government, and student activities and recreation, will increase by \$40, to \$560. The standard room-and-board plan will increase by \$498, with a double-occupancy room and platinum meal plan being \$13,326 for the academic year.

The tuition increase occurs every year, as President Eibeck states that "Pacific's tuition will remain among the most competitive of any

private comprehensive university in California."

However, where exactly the money is going is currently being questioned.

"We had someone come and speak to our senate to explain where the money is going," Multicultural Senator Brianna Williams '17, Political Science major, said. "After a long meeting and looking at the tuition increase we thought it would end up coming back to students, but it's not. A lot of it is going

back to administration."

"We're already paying enough as it is," Health, Exercise, and Sport Sciences '20, Jacqueline Ko said, "I personally have not taken out any loans, although I am on academic scholarships. Regardless, tuition is already expensive enough."

With the tuition hike, President Eibeck states that "we will do everything possible to

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# In their own words: President-elect Kirkpatrick and Vice President-elect Styc

Zach Withrow  
Sports Editor

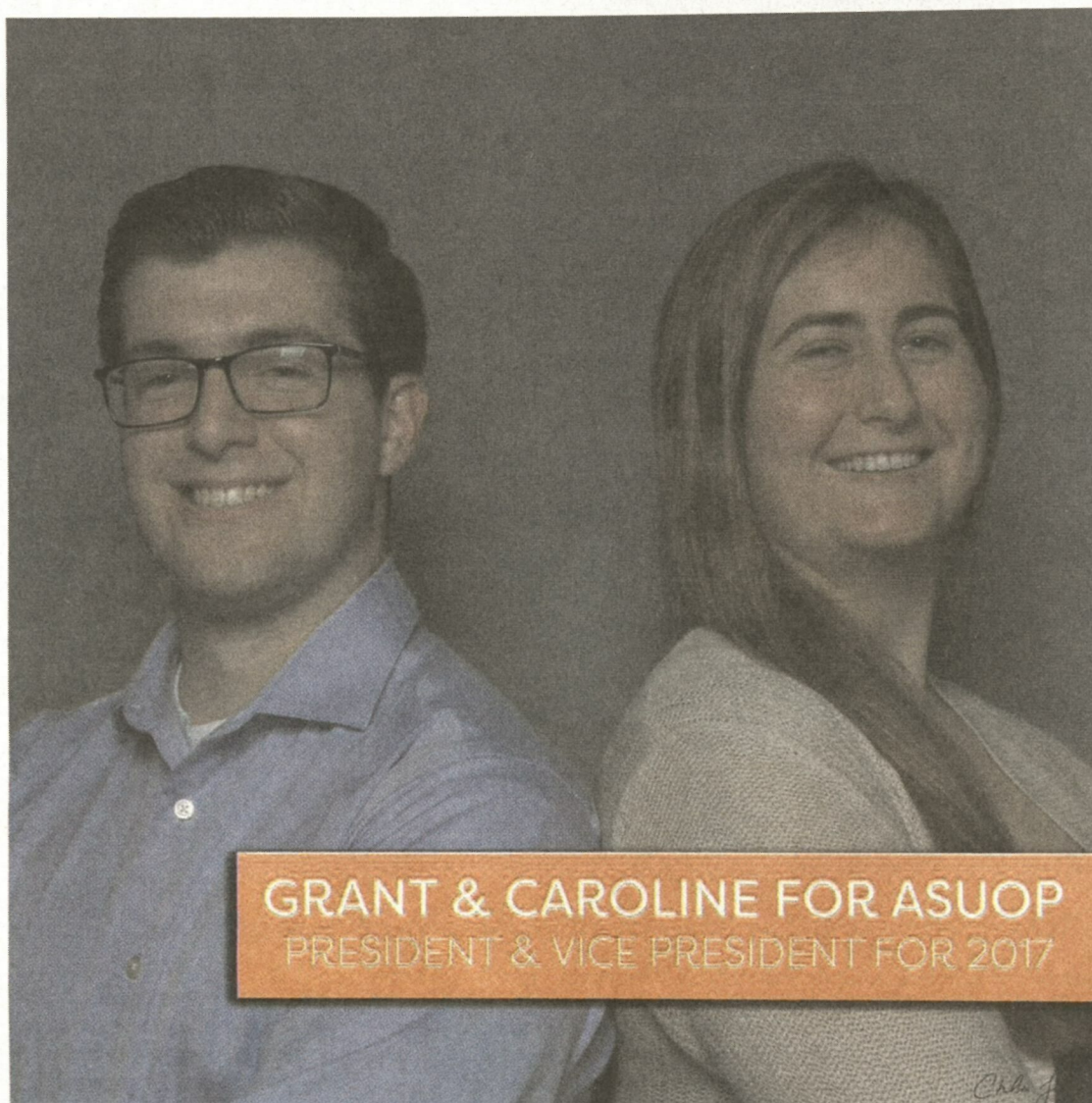
In the wake of their victory in the 2017 ASuop Elections, President-elect Grant Kirkpatrick '19 and Vice President-elect Caroline Styc '19 sat down with The Pacifican to talk about their motivations for running, their goals for ASuop, and the issues they would like to address on campus. This interview has been edited for length and clarity.

• **Why did you both decide to run for your respective positions?**

**Grant Kirkpatrick:** Firstly, I have always wanted to better advocate for students and make a government that is more involved, and tries to accomplish things on behalf of the students. And to do that, I think, we need to change some things in the internal structure. There are a lot of issues with transparency and accountability.

**Caroline Styc:** For me, I hadn't thought about [running] at all until Grant asked me to consider it. But I took a lot of time to think about it, and during that time I realized how much I have struggled in dealing with ASuop. Being in a professional fraternity, you have to go to ASuop for a lot of things, and it's not an easy process. I knew that I could make a change, make things easier for organizations on campus. I thought, "Why not? That's just one way I could advocate for students."

• **Grant, you've served as the Interfaith and Spiritual Life Senator for the past year. How did that experi-**



PC: ASUOP

**ence influence your decision to run for president?**

**GK:** It's been great; I've learned a lot about how the Senate functions, and a lot of the history of the Senate. There's a lot you learn being a Senator just because you get access to a lot of things. And really, my hope is to make all those things public; they shouldn't be private. Primarily the Senate is a body that determines how to appropriate money, how to best use that money. That's about 80% of what we do.

• **It sounds like the pursuit of transparency is one of your biggest motivations.**

**GK:** Yes, and the response I always get is, "Why bother? Nobody cares. Nobody is gonna read this anyway." That's always the answer for why we're not transparent. But from my point of view, nobody is gonna care if you always take the reactive approach. You can get people to care if you become more proactive and try to get the message out. I don't have any illusions that suddenly 3000

people will start becoming involved. But if we can get 100 or 200 people more involved, that's a start. Being a Senator, I've learned that you have to take things slow... I think it's an important lesson to learn that process.

• **Caroline, what were your expectations coming into this, and have you gotten a good understanding of what your duties will be?**

**CS:** One of the first things I told Grant was, "If I'm gonna do this, I need to know

everything." I didn't want to be caught off-guard, or be unprepared. I knew about the student side, having worked with ASuop on organization funding... but not actually how the government worked. So it was important for me to learn all that, and Grant, who knows everything about it, answered all of my questions... Now I feel like I know a lot more, and I am definitely prepared to take on the role of Vice President because of Grant's help, and what I've learned so far meeting with [ASuop Vice President] Matt [Monges] and [ASuop President] Wyatt [Bacon].

• **Grant, when you ran for Senate last year, you ended up losing by one vote. Were there any lessons learned in that experience? Anything you did differently this time around?**

**GK:** Yes, a whole lot of things. Most of all, I think the reason I lost last time was because I was confident that I was going to win, and I didn't continue to campaign hard in the last day or two. After I saw the results, I couldn't stop thinking about all the people I had walked past that day [laughs]... So this time, the final days were very stressful; I started messaging everyone I knew, trying to get them to vote.

One frustration I had the first time around was that I didn't want to change what I had to say to make it more simple. Because in my head that meant I was, in a way, lying, or being a politician, by not saying what needed to be said. But this time around, I realized that it's not a matter of changing what you believe, it's a matter of: if no one understands what you're



saying, then there's no point. I got to the thesis of what I wanted to say.

• **Let's talk about tuition. As everyone now knows, it is going up again this year. Is there anything ASuop can do to influence this issue?**

GK: When it comes to lobbying, it's really contingent upon how many students are involved. If a lot of students really invest themselves in our government, then we're gonna have a much bigger bargaining chip when it comes to saying, "Hey, this is unacceptable." But when you get what we have right now, 18% turnout in the election, it significantly reduces our ability to say, "Students are really upset about this," because the numbers aren't reflecting that.

Mainly, I would like [the University] to be more transparent about why they raise tuition... To me, it's just the most basic idea of any institution to be as open as possible.

CS: Yeah, President Eibeck sent the email last week announcing the rising tuition. And almost immediately social media lit up; people in classes were talking about it. And they don't know why it's going up. Where is their money going? Like Grant said, it's about being able to answer those questions.

• **You mentioned that a larger coalition of students who are involved can have an impact on these issues. I feel like that's really the elephant in the room here at Pacific, the lack of participation. What are some ideas that you both have in improving in that regard?**

GK: I haven't really looked into [the apathy problem] enough to see if it's unique to Pacific, or if it's a national trend of people becoming less engaged in interpersonal activities. But it's really sad that only around 18% of people voted in the election... I don't think by next year we will have 50% turnout, but

I think 25% is a reasonable goal for next year.

Removing as many barriers [for event planning] as we can is important. Like Caroline mentioned, it can take up to a month [of processing] for you to do anything, when it should really be as simple as a week and a half or so. We have this horrendous contract with Bon Appetit, which dramatically limits clubs' abilities to have events with catering. If it's over a certain amount, they have to use Bon Appetit, which is exorbitantly more expensive than outside catering. There are just a lot of things that we've gotten ourselves into, barriers to having events that would get people interested in clubs.

CS: I think the voter turnout is a reflection of students feeling that they can't get anything done on campus... Students have recognized that the University is there, very quickly, to stop you from voicing your opinion... President Eibeck holds very few

office hours, and holds town halls only once a year. It's not easy to reach administrators, unless you're lucky enough to be in a position like me or Grant.

GK: I think people will become more involved when they see some tangible change. We have to show progress. It can be difficult, because our government is very restricted in a lot of ways, being a part of the University. When we think about taking action, we have to think about what the University will do in response. There is no guarantee against the University simply giving us less money next year.

• **Are there any other glaring problems within ASuop that you want to address?**

GK: When I talk about transparency, I really mean accountability. Seven out of the ten bills that I authored this year have been about accountability. The Finance Board, for example, makes

financial recommendations. Nobody on that board, until I wrote this bill, had to disclose any involvement that they had with organizations on campus. Potentially, they could have been voting to allocate funds to groups that they, themselves, were a part of.

Another example is the fact that our budget, which is \$800,000, formerly was only one page long. I thought, "Oh, this must be the table of contents." It was insane! Thankfully, our current treasurer, Matt Montoya, has done a great job of laying significant groundwork for our budgetary process... Another thing I'd like to address is the fact that we don't record our Senate meetings... I'd also like to work on making the campus more sustainable, and making sure Veteran's Affairs is getting the resources they need; working with Residential Life and the Multicultural Center is a priority. There is a lot of work to do.

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# Everything you need to know about the new Supreme Court Justice, Neil Gorsuch

**Ashneil Randhawa**  
News Editor

On April 7, 2017, President Trump's nominee to the Supreme Court was confirmed with a senate vote of 54-45. Justice Neil Gorsuch will now replace the seat left vacant by the late Antonin Scalia, the notoriously conservative Supreme Court Justice who passed away last year. Here is everything you need to know about the new justice.

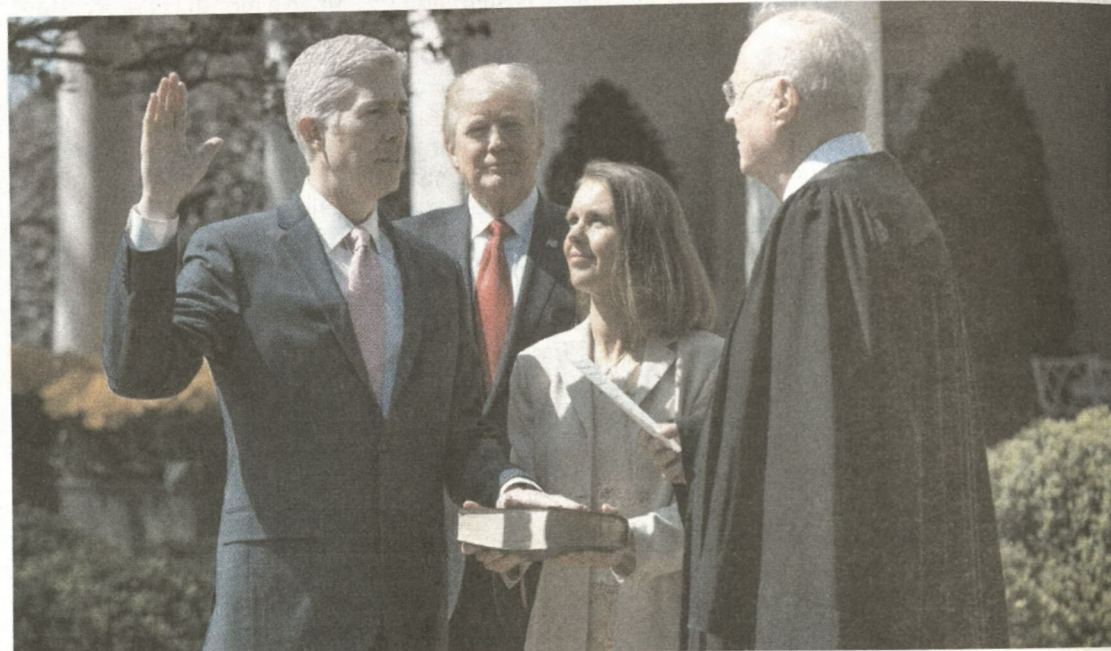
Justice Neil Gorsuch, himself a conservative, was originally opposed by the Senate Democrats because they did not want the Court to become conservative. After Justice Scalia's death, the court was split evenly between mainly liberal Justices Kagan, Ginsburg, Sotomayor and Breyer and the mainly conservative Justices Thomas, Alito, Chief Justice Roberts and Justice Kennedy (who is generally considered the swing vote of the court but leans conservative). The addition of Gorsuch changes the composition of the court to 5-4 conservative. This is particularly troubling for some liberals because two of the

older members of the Court, Justices Ginsburg and Breyer, are presumed to be close to retirement. The loss of two more liberal judges, possibly under a Trump presidency, stokes fear that the court could become overwhelmingly conservative.

Gorsuch is also one of the youngest Justices to ever be appointed at only 49 years old. Justices tend to stay in their seats until their late 80s or 90s, meaning Gorsuch could be on the court for the next 30 years or more.

Particular fear concerning Gorsuch focuses on his legal philosophy rather than his political affiliation. Gorsuch subscribes to the legal philosophy of constitutional originalism as well as textualism. These philosophies are what concern most legal observers, liberal and conservative, as these philosophies are controversial at best and have been criticized as ignorant of the modern method of legal analysis.

Constitutional originalism is the position that the Constitution should be read in the context of the year it was created, and the meaning of the text of the Constitution should be in accord with the intent



PC: CNN News

of the Founding Fathers. This has been criticized because in practice, this means that judges subscribing to this view would choose to ignore prior precedent of cases that came before in favor of looking at the original meaning of the Constitution in the year 1776. This would be in direct opposition to the legal principle of stare decisis, the idea that issues should be decided ac-

cording to prior cases that came before. So, as an example, when deciding a case concerning, say, civil rights legislation, an originalist judge would disregard prior case law concerning civil rights legislation and would go back almost 300 years to what the founders intended. There are further criticisms of this method, such as which founder does one adhere to, etc.

Textualism is similar in that it argues the text of laws should be read according to their plain meaning, and that other things like the intent of the law should be ignored in favor of this plain meaning.

There are still many questions regarding Justice Gorsuch's tenure, but legal observers from both sides of the political spectrum are concerned of what is to come.

## Internet Privacy Is Long Gone: What It Means for Americans?

**Andrew James Rocha**  
Copy Editor

College students are on the internet, more than they are in class. Whether it's on smartphones, laptops, or the library's computers, we are always plugged into the internet, reading articles, writing Facebook or Instagram posts about our weekends, or watching the latest shocking videos on YouTube.

When it comes to what

it is we actually do or say on the internet, we expect some level of privacy. However, it is not uncommon to hear horror stories and reports about people spying on us through our technology.

On March 27, President Trump signed a congressional resolution overturning internet privacy protections. Those protections were created by the Federal Communications Commission (FCC) under the Obama administration and they made it difficult for

broadband internet service suppliers to track and sell a customer's online information to third parties.

Because of this repeal, it will be much easier for internet providers, like Comcast and Verizon, to track a customer's browsing history and online activities and sell that data to advertisers with little oversight.

This repeal will make it easier for advertisers to target their consumers. However, it is very unnerving knowing

that almost our entire internet activity can be given away to these advertisers who will use that information to try and sell us more of their products.

Perhaps the only way to protect our privacy is to get off the internet and stop using online services like Facebook and Google. It sounds easy enough, but as college students search engines, like Google, are how we do research, and social media platforms, like Facebook and Instagram, are how we stay

in touch with our friends and family back home.

Besides protesting and challenging the President's actions, for now we can only keep our eyes and ears open and remain informed about the actions of the Trump administration. We also need to keep in mind that we are being tracked whenever we visit those websites that we would rather no one knew we visit.





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## Tuition continued

help talented students afford a Pacific education," citing the nearly 84 percent of Pacific students who currently use financial aid.

"I depend partly on student loans to pay for my tuition here, so the fact that it will be increasing next year isn't really great news for someone like me," an anonymous Pacific student said.

In the 2016-17 school year, Pacific had \$63.4 million available in institutional financial aid, with an additional \$8 million being supplied by donors.

Pacific is not the only university expecting a tuition hike for the 2017-18 academic year. In January 2017, UC regents lifted a six-year-freeze on a tuition hike and approved a 2.5 percent increase. The increase resulted in protest and backlash from many UC students, arguing that even a

single cent increase deepens their dependency on financial aid.

"As an ASUOP member, it's kind of confusing and upsetting. We're sitting here taking money away from Student Life organizations," Williams said. "It seems like some of the funding would go more towards students but it's not, it's going more to executives."

As a private university, Pacific already maintains a higher tuition cost than schools in

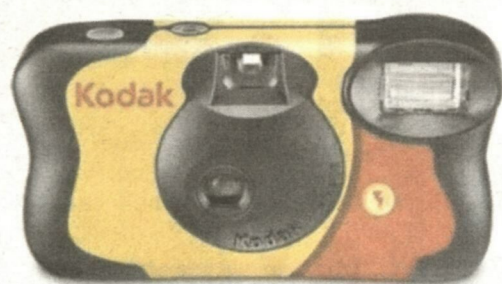
the UC system. With that, a further tuition increase might not be so well-received by Pacific students.

"I don't necessarily think it's a good thing for students, because an increase in tuition makes it so our scholarships won't go as far as they do now," an anonymous freshman International Relations major said. "People already think that Pacific is an expensive university, so the more that the tuition is raised, the less that people will be inter-

ested in coming here."

Furthermore, the tuition increase is troubling for upcoming Pacific students, who are already worried over how they'll afford attending Pacific. "I'll be starting my freshman year at Pacific in the Fall of 2017," upcoming Biology major Justin Ho said, "I'm currently figuring out my financial aid, but learning that tuition is set to increase when I begin my education at Pacific doesn't make things much easier."

## Cultural trends of the 2000s Leaves many Nostalgic



PC: BuzzFeed

**Natalia Gevara**  
Opinion Editor

Although it doesn't feel like it, we are at the latter half of the 2010s. I decided to take a look at the period of 2000-2010, which was a time of iconic fashion, music, and cultural trends. Many of us look back at old middle school photos from this time and cringe at the fashion statements we tried to pull off, but it is all apart of the larger culture of the early 2000s. Turn your old iPod on shuffle, because it's time for a blast to the past to some of the most notable trends from the early 2000s.

The early 2000s saw the rise of the "emo/scene" phase.

Adolescents would shop at Hot Topic for studded belts and band tee-shirts, while rocking out to "Bring Me To Life" by Evanescence. Other hot "scene" artists of the decade included Avril Lavigne and Paramore.

Besides the trendy "emo" style, a myriad of other fashion statements showed up. Girls couldn't leave the house without their low rise jeans, frosty lip gloss, and butterfly clips. Boys and girls alike enjoyed the bedazzled jean pockets, as well as wearing denim on denim (inspired by the hottest couple of the time, Britney Spears and Justin Timberlake). Along with low rise jeans, girls also opted for gaucho pants in a variety of colors.

In early 2000, the digital

age was just on the rise. Most young folk spent their time on one of the first social media sites for teens, Myspace. In this culture, it was considered an insult if you weren't on your best friend's "top 8."

Additionally, teens would chat away over AOL Instant Messenger — known as "AIM" — personalizing their "away message" when they couldn't be at a computer. Most young adults of the decade couldn't live without a flip phone, risking getting grounded by their parents when they went over their set minutes.

Ne-Yo, T-Pain, & Soulja Boy were among the artists that were extremely popular during the early 2000s. In 2007, it was nearly impossible

to turn on the radio without hearing "Crank That." Everyone was obsessing over Gossip Girl, Dawson's Creek, and quoting Mean Girls. Additionally, Paris Hilton and Nicole Richie were the Kardashians of the decade, with their hit TV show "The Simple Life."

Many technologies that have gone obsolete today, were all the rage in the early 2000s. Teens would illegally download music from LimeWire, in order to make a mix CD if they didn't own the popular iPod at the time. "Netflix and chill" was unheard of, as people would rent all of their movies from Blockbuster. If friends wanted to take "selfies" before "selfie" was even a coined term, they would have

to buy a disposable Kodak camera.

Although many of these trends are to be left in the history books, many of them make a large impression on what we have today. The technologies and social media sites of the decade revolutionized what we use now, as they were the basis for things like the iPhone 7 and Twitter. Many young adults feel a sense of nostalgia when listening to early 2000s R&B, even though they don't play on the radio anymore. Perhaps the style of the early 2000s wasn't the most graceful, but it has left an impression on many millennials' hearts and minds.



# Pacifigan Staff Reflect: What it Means to be Asian-American

In commemoration for Asian Pacific Heritage Month at University of the Pacific, several staff members of The Pacifigan answer the questions "Who is an Asian-American?" and "What does it mean to be Asian American?"

**Ash Randhawa**  
News Editor

Growing up as an Indian-American, I always had a weird relationship with the term "Asian-American." I was technically of Asian descent, but it always felt like that word wasn't meant for me and that Asian-American was referring to another group of people. To most Americans, when they think of Asians, they would think of someone of Chinese, Japanese or at least somebody of East Asian descent. A friend of mine used to joke that you weren't Asian unless "you had the eyes."

Most of American culture reinforces this view too. When news stories talk about Asian representation in media it is always focused on East or Southeast Asian people and not South Asian people. The stereotypes that are aimed at Asian people didn't seem to apply to me either. Myself and other Indian-American men never felt the stereotype that we are somehow more submissive or less masculine that has been leveled at men of Asian descent.

Admittedly, I can kind of understand why most Americans think of East or Southeast Asians instead of someone like me. East Asians have been in this country longer

than Indians have, and when they first came, they came in larger populations. The opposite is true in places like the UK, where Asian refers to Indian or Pakistani people.

Growing up post-9/11 further alienated people who look like me from the term Asian-American. I've always been lumped into the Middle Eastern or Muslim category because of the way I looked. When people found out I'm Indian, their response was either Indian or South Asian was its own special category or that Indian isn't different enough from the Middle East to matter. Growing up in an extremely conservative, some would say racist, town didn't help things much either.

I can't speak for other ethnic groups, but I feel like "Asian-American" is an overly broad and all together bad term to use. It assumes that the entirety of Asia is somehow similar, whether it be culturally or physically. This lumps together disparate cultures with entirely different histories, religions and languages. It lumps together a person from Israel with a person from Korea, or a person from Uzbekistan with someone from Vietnam. These are cultures and peoples that are so different that we should refrain from putting them in some overarching ethnic group.

Reading that last part, some of you may have thought that Israel and Uzbekistan aren't Asian countries, but that is exactly the problem with the term. Both countries are on the continent of Asia, so they are Asian. But in one case we consider them Middle Eastern and the other

is considered Central Asian if they're considered Asian at all. Some countries don't even fit into Asia cleanly. Is Turkey Asian or European or Middle Eastern? Why is Egypt considered Middle Eastern, technically Asian, when it is in Africa? Would we call a person of Egyptian or Moroccan descent an African-American? Why are Filipinos considered Asian/Pacific Islanders and the Japanese are not when Japan is also an island in the Pacific Ocean?

The best we can do is split them into smaller groups: East Asia, Southeast Asia, South Asia, Central Asia, Middle East possibly even North Africa as well. When I get asked what it means to be an Asian American, I personally want to say it doesn't mean anything, because the term is itself meaningless.

**Ashley Lyn Judilla**  
Copy Editor

I've learned the power of words as an Asian-American. I am Filipino-American. Grammatically, I am supposed to use a hyphen when I describe myself as "Asian-American" or "Filipino-American," but three years ago, I read a memoir, *A Chinaman's Chance: One Family's Journey and the Chinese American Dream* by Eric Liu. A section was dedicated to the use of the hyphen. For Liu, "that hyphen vexes me: it implies an interaction rather than a person...I am not merely an adjectival description of a transaction. I am a noun. I am a person."

Although seemingly insig-

nificant, I tend to use Filipino American with the same reasoning as Liu: the modified with its modifier. "American" is the noun with "Filipino" being the adjective. What kind of American am I? I am Filipino American. Nothing is in the way between these two words except for the white space in between. The two halves become one. I embrace both halves.

I agree with my colleague that Asian American is a broad term. I am indeed Asian American in regards to the actual definition. But I use Filipino American more often. What does it mean to be Filipino American? Sometimes I think about being near, if not at, the bottom of the often unspoken Asian pyramid. Filipino Americans are not known as the model minorities that East Asian Americans tends to be categorized as more often than not. What are the beauty standards? White or light skin of course.

So where are my people in the history textbooks? Where are the "Little Manila's," San Francisco's I-Hotel and the Philippine-American War? Well, part of being Filipino American means telling the untold stories of my people and eventually creating stories of my own.

**Ray Wong**  
Editor-in-Chief

Being Asian-American to me has played a significant role in my life. Since my freshman year of high school, I would be considered as the "Chinaman" or "that Asian kid" especially going to

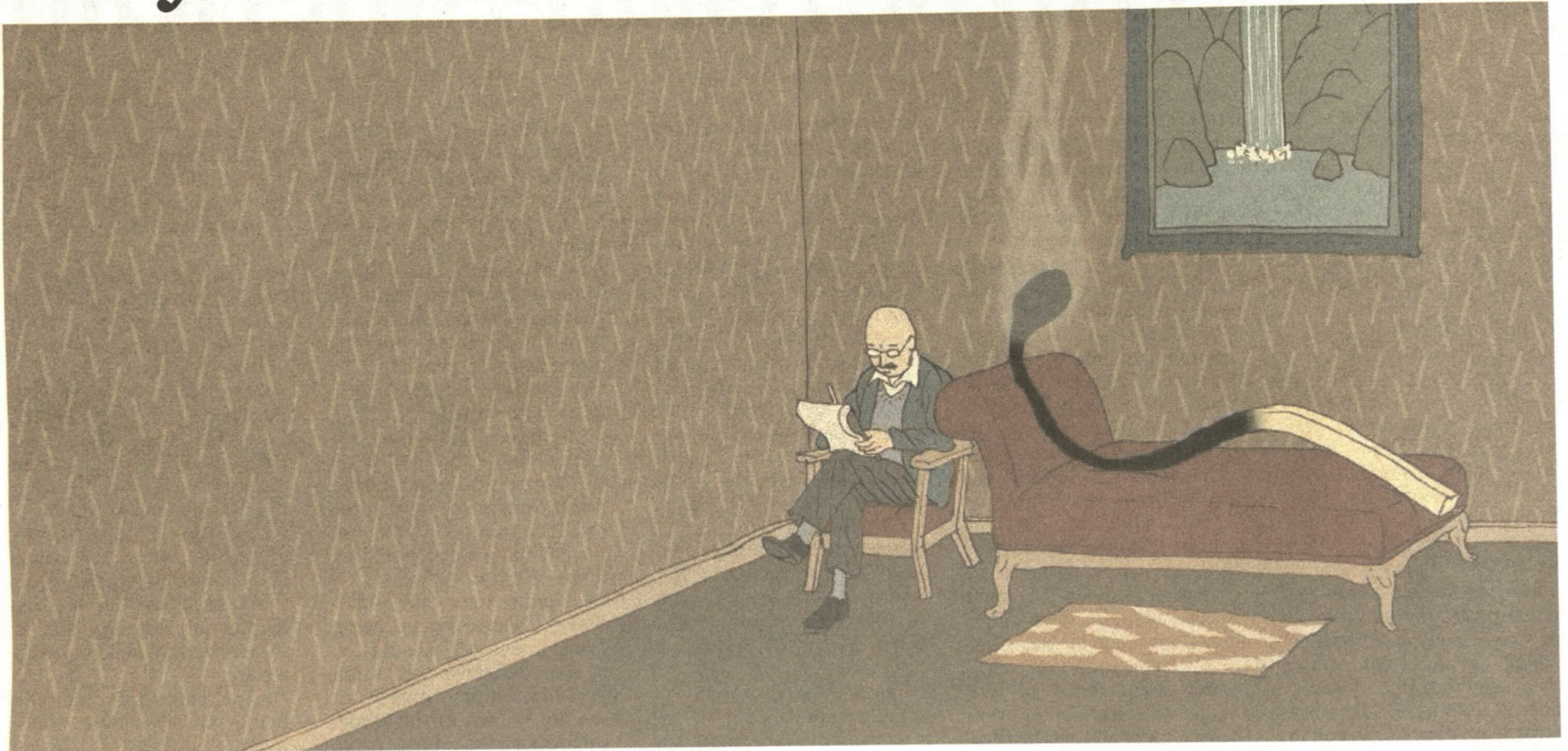
school that wasn't part of a multicultural community. I felt insecure that I was being made fun of because of my stereotypical Asian characteristics such as not speaking English well. When I transferred out of that high school, I went to another high school that was more culturally diverse.

As a first generation Chinese-American of my family, I was able to explore different cultures and meet people of different backgrounds. What makes me an Asian-American, is that I can take this exploration as an experience and understand many cultures such as Cambodian, Filipino or Hmong. That is something that makes us who we are.

Till this day, we are living in a society where Asian-Americans are being viewed as the stereotypical "kung fu master" or "math genius." In American media and Hollywood, we are considered a risk for writers and directors because we would not gain the revenue that they expect. When I started to reignite the fire for the Asian Pacific Islander Heritage Month Committee (APIHMC), I did it because our institution has thirty-eight percent Asian students attending and we haven't celebrated a collaborative event like this in years. I am proud that the internet exists because we are able to find inspirational Asian-American artists such as Wesley Chan to speak at Pacific. We get to promote an uprising of Asian-American artists because we want them to be our role models for the coming generations of Asian-Americans.



# Self Care and Stress Reduction: Ways To Prevent Study Burnout



PC: Huffington Post

**Leslie Chan**  
Contributor

As the college semester wears on, university students focus on keeping up studies, raising grades, and juggling work in hopes of future success. With their goals in sight, students slowly forget to put themselves first and instead center their lives on work and grades. The result is study burnout and increase in stress levels. Additionally, students' demeanors may change with their constantly busy lives.

Burnout involves loss of the capacity to relax or "just do nothing." It prevents people from enjoying ordinary pleasures such as sleep, strolling, long lunches, and conversation. In severe cases

of burnout, it is counterproductive to recommend relaxing activities since they are incapable of relaxation. The perspective of an overactive lifestyle stems from culture that sees inactivity in a negative light. To change the people's unhealthy standpoint, psychoanalysis through peers or a therapist can help sort out people's views. By taking the time to talk to others with no particular agenda, the mind is allowed to take a break. Silence during the conversations leads to discovering the value of simply being with someone and instills an appreciation for "mental activity without a purpose."

Studying burnout does not happen overnight and it is important to recognize. With its roots in stress, it is easiest

to recognize for its symptoms of long term fatigue, intellectual exhaustion, inability to absorb information, unwillingness to study, decline in academic performance, and apathy toward education. Students should make sure to take breaks during studying to prevent studying burnout and increase in stress. After studying for a whole day, it is recommended to take a few hours or a day to be in a study-free zone. Participating in contemplative and reflective practices, such as yoga and meditation, helps remedy symptoms of burnout.

Although taking a break is a temporary fix, there are many ways to head off burnout and stress from occurring. By using a schedule book, one can view workloads for

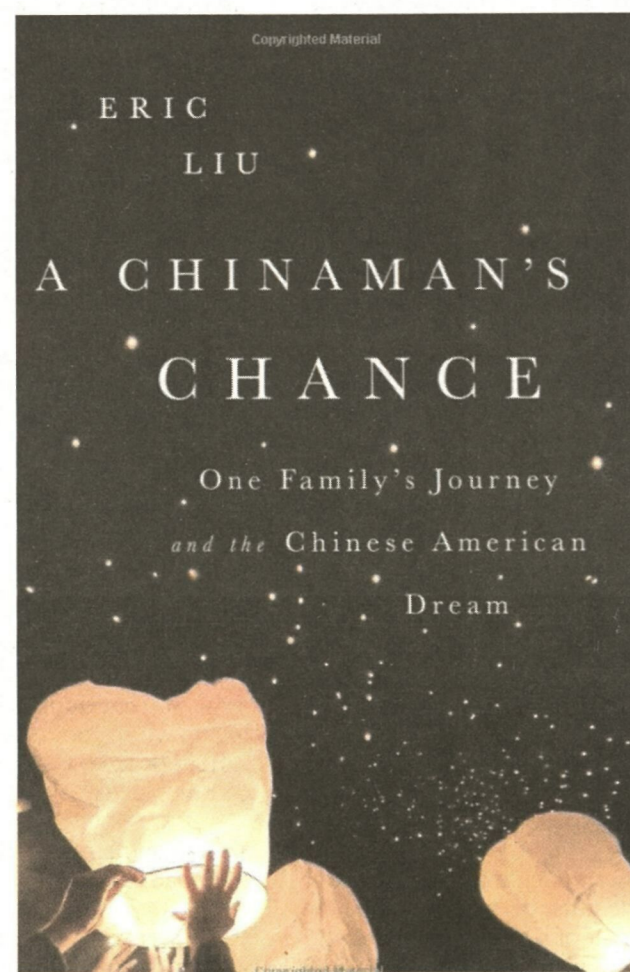
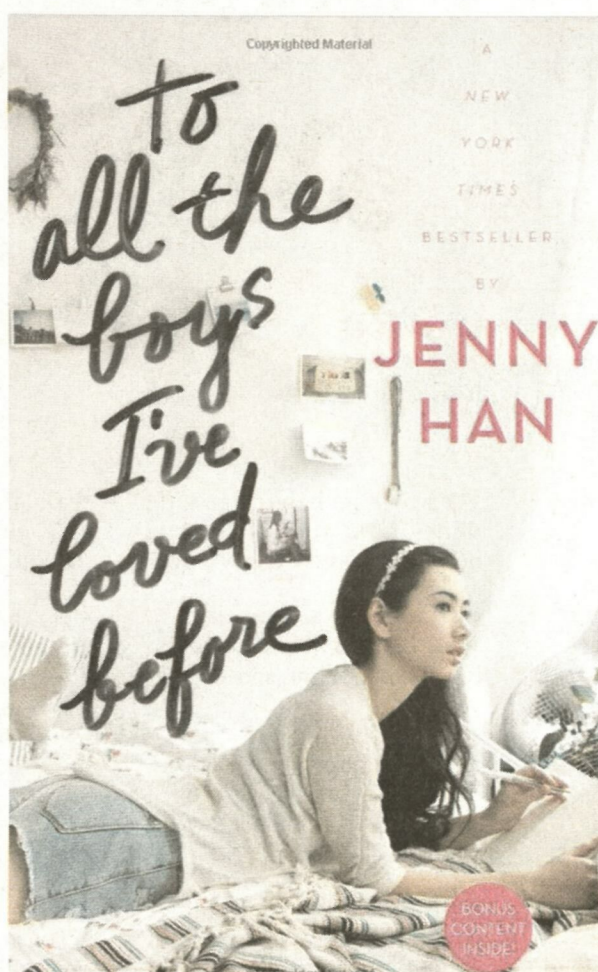
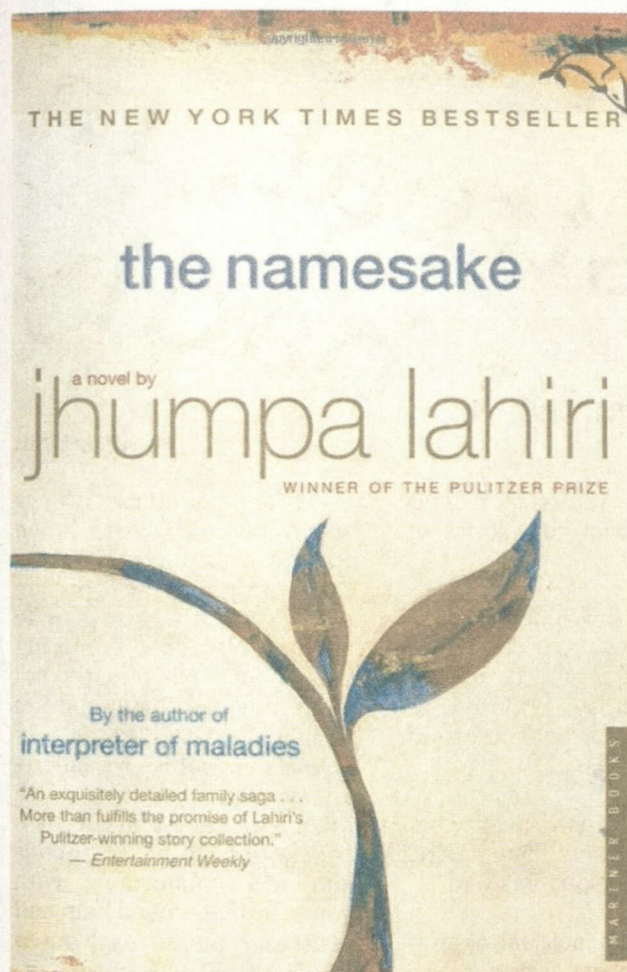
upcoming weeks and prioritize time wisely. Time management is a key factor to success and allows people to be as productive as possible. Through planning, tasks will be finished on time with a normal sleep schedule. As students, studying ahead of time would be more effective than cramming overnight and losing sleep. If the day is well planned out, time for relaxation is carved out. The likelihood of stress and burnout is lowered if time is placed towards other activities besides work and studying. Exercise and taking the time to care for oneself alleviate stress and create a sense of well-being. Increased energy and boost in motivation are a result of regular exercise.

As students, work and

studying are the main activities throughout the week. Over time, some students become jaded and lose sight of their goals. Subjects become assignments and are no longer seen as an area of interest. However, students continue studying in the field in hopes of a bright future. Overall, students should perform an analysis on whether or not the major is a right fit. If a major is causing an unnecessary amount of stress and unhappiness, it may be time to reevaluate college paths and find a major truly desired. Not only would the change eliminate unhappiness, it would also allow one to truly embrace themselves and find purpose.



# A Few Books to Check Out in Celebration of Asian Pacific American History Month



**Ashley Judilla**  
Copy Editor

In celebration of Asian Pacific American History Month at the University of the Pacific, we should celebrate the stories of Asian Americans by Asian Americans.

I cannot recommend Jhumpa Lahiri's *The Namesake* enough. *The Namesake* is the story of Gogol Ganguli's, a first generation Indian American, life. Exploring his family dynamics, embracing his Bengali culture or assimilating to American life, falling in love, are just a few of the conflicts that Gogol faces.

This novel has a special place in my heart. As a first gen-

eration Asian American, Lahiri's story has made me reevaluate the conflicts that Gogol and I share. If you want a relatable piece of fiction that speaks to the life of a first generation Asian American, *The Namesake* is a wonderful choice.

I recommend two sweet, young adult novels, Jenny Han's *To All the Boys I Loved Before* and its sequel *P.S. I Still Love You* when all one needs is a simple love story. I do not often read teen romance novels, but it is refreshing to have a main character that does not look like the traditional YA female protagonist.

Lara Jean is a half-Korean and half-Caucasian teenager who writes letters meant for the boys she has fallen for, but

never sends them. Pouring her heart in letters that are never meant to be sent until they are: her love life goes a little crazy. If you want a light-hearted, innocent love story with bits of high school drama, then this series is for you.

In contrast, Chang Rae Lee's *A Gesture Life* has a darker tone. An elderly physician, Doc Hata lives in a small American town called Bedley Run. His problems originate from his experiences serving the Japanese Imperial Army in World War II where he treated Korean comfort women.

Throughout the novel, Doc Hata has flashbacks, revealing how scarred he is from his time in war. Heartbreaking, dark and suspenseful, *A*

*Gesture Life* can be somewhat slow-paced, but is beautifully written.

While the past few suggestions have been fictional, I do have one nonfiction work to recommend. Eric Liu's memoir *A Chinaman's Chance: One Family's Journey and the Chinese American Dream*, explores the complexities of cultural identity, particularly what it means to be Chinese American, with a mixture of childhood memories, the power of language and historical and cultural context.

The phrase "a Chinaman's chance," a racial slur, originates from the earliest time when Chinese immigrants arrived to the United States and were given such danger-

ous jobs that they had a slim to no chance of survival -- "a Chinaman's chance." However, rather than treating it as a racial slur, brings up the phrase because of how his father would casually use the phrase in everyday life. Liu, highly concentrated in the issues of citizenship, democracy and identity, discusses not only what it means to have "a Chinaman's chance," but gives a thought-provoking perspective on what it means to be Asian American.

This is barely the tip of the iceberg in covering great Asian American works. What are some of your favorite novels about or written by Asian Americans?



# Evaluating Relationships: Missed Signs of Emotional Abuse

**Leslie Chan**  
Contributor

Relationships structure our society. There is no question that people develop by finding deep connections between each other and find their beliefs through experience. People look for love, dedication, friendship, and support in relationships. We are taught to love and encourage each other, creating meaningful bonds and helping others rise to success.

However, the news, family, schools, and peers highlight the negatives in relationships. One of them is known as emotional abuse. People often wonder how people in emotionally abusive relationships and friendships do not realize their troubles. To answer: people believe abuse is one of those things that happens to other people who you would be sympathetic towards but not a part of. It is difficult to recognize an abusive relationship because it is hard to feel another person is wronging you. As a result, people cherry pick information about the other person, showing how great of a person they are and why to choose their side. Abuse can occur not only for roman-

tic relationships, but also in friendships and families.

To evaluate a relationship, here are some questions to ask yourself about your friend, partner, or family member:

- Do you frequently feel your opinions and feelings are wrong or doubt your emotions? (This is a frequent sign of gas lighting)

- Do you wish you could record things they said? (A sign they lie frequently)

- Do you feel obligated to make your friend, partner, or family member feel better?

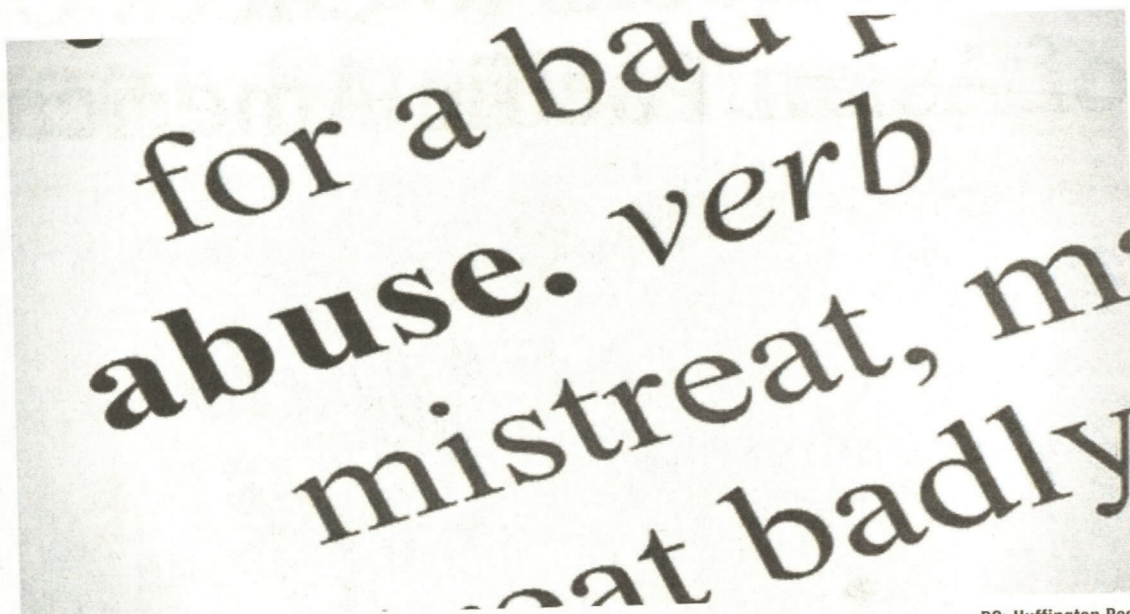
- Do you feel it is your responsibility whenever they are unhappy?

- Do you and your friend or partner have a support system outside each other?

- Are you cautious in bringing up when you're seeing certain people or going certain places?

- Can you name excuses for their bad behavior?

Here are some questions to ask yourself about your friend, partner, or family member:



PC: Huffington Post

- Do they lie habitually, hide things from you, or become defensive and angry over questions?

- Do they always have the bigger complaint and one up you?

- Do they question your opinions, argue and debate until you give in, or challenge your emotions?

- Do they agree to do things you want only to complain about them and make you feel guilty?

- Do they refuse to respect your personal boundaries or schedules?

- Do they say things or make promises but then do things to undermine them? (Example: They say they support your work, but constantly interrupt you)

- Do they find a way to turn your complaints about them around until you feel sorry for them?

- Do arguments feel aggressive with them asking all the questions?

If any of these things sound familiar, write down specific examples fitting the descriptions in a private place. You should also include anything else that is bothering you. Afterwards, reread what you wrote and pay attention to gut feelings. Remember you are not selfish for having an opinion. You are worth having happiness in life. You have a right to your opinions and feel comfortable with yourself. If you need help and assistance, please reach out to CAPS at (209)946-2315.

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# Pacific Tigers mauled in Cat Fight with Cougars



PC: Oscar Chow

**Zach Withrow**  
Sports Editor

The Pacific baseball team faltered in a three-game WCC series at Klein Family Field over the weekend, dropping three straight to the BYU Cougars.

Thursday's game looked to be a pitching duel through four innings, as right-hander Ryan Shreve '20 was cruising and had not allowed a run. However his opponent, BYU's Maverik Buffo, had not yielded anything to Pacific's lineup, either. Things began to unravel for the Tigers in the top of the fifth, when a series of miscues set the Cougars up to strike.

After Noah Hill hit a one-out double, a fielding error allowed Brennon Anderson to reach base. A Daniel Schnee-

mann single then brought home one run, followed by a hit-by-pitch which loaded the bases. At that point, the Cougars blew the game wide open with a towering Grand Slam by Bronson Larsen.

The shot gave BYU a 5-0 lead, and the visitors never looked back, tacking on a run in later innings to make it 6-0. This would be the final score of the contest, as the Tiger lineup could break through against Buffo, who pitched 8 1/3 innings of scoreless ball. Kevin Sandri '19 was the only Tiger who seemed to have the right-hander figured out, batting 2 for 3 with a walk out of the leadoff spot.

The Tigers trotted out to the field on Friday hoping for a different result, but the Cougars could not be slowed down in a 12-1 shellacking

of the home team. The Tigers again struggled to get anything going offensively, and the pitching staff could not contain a red-hot BYU lineup.

The Cougars jumped on Pacific early, scoring five runs in the first two innings and forcing starter Will Lydon '17 out of the game with two out in the second. Pacific's lone run came in the bottom of the first, when Sandri scored on a sacrifice fly from Danny Mayer '17.

The Cougars, though, would continue to tack onto their lead with runs scored in the third, fifth, and seventh innings. Matthew Tarantino '18 led the Tigers offensively, batting 2 for 4, while Sandri added a hit to go with his run scored. Once again, though, the Tiger lineup was smothered by BYU's pitchers, totaling only five hits for the game.

Pacific entered game three on Saturday looking to salvage a win in the series, but it was not meant to be. Like Thursday's game, the contest was a close, well-pitched affair for the first few innings of action. Ricky Reynoso '18 was perfect through three innings, but allowed one run in the fourth after a walk, an error on a pickoff attempt, and a single by Tanner Chauncey.

Pacific quickly responded in the bottom half of the inning, when Ryan Robards '20 hit a two-out double to score Lucas Halstead '18. BYU, though, started a rally in the sixth inning that would return the lead to their side.

After two singles to start the inning, one run scored on a throwing error by Reynoso, who was fielding a bunt from Chauncey. The Cougars fol-

lowed that play with another bunt, which resulted in second throwing error, allowing another run to score. BYU then made it 4-1 with an RBI groundout in the same inning.

The Cougars would tack on a fifth run on a wild pitch in the seventh inning, but it would prove unnecessary. Pacific tried to rally in the bottom of the ninth, when Halstead launched a solo home run to make it 5-2, but the deficit was too much for the Tigers to overcome.

With the three losses over the weekend, the Tigers fall to 12-18 on the season and 2-10 in conference play. The men will try to get a winning streak started this weekend, when they travel to San Diego to take on the Toreros for a three-game series.



# Tigers' funk continues in final home matches

Zach Withrow  
Sports Editor

The Pacific women's tennis team was unable to put a stop to a seven-match skid over the weekend, falling to San Diego and BYU on Friday and Saturday, respectively. Saturday's match marked the last home contest of the year, and the team took the opportunity to honor the squad's seniors while looking ahead to next season.

On Friday, the Tigers were defeated 4-0 by the San Diego Toreros. The Toreros came into Stockton hot, having won their last two matches against Portland and Gonzaga, and not even the wet NorCal

weather could cool them off. The match was in danger of being delayed due to looming rain clouds, but the women played through the conditions.

San Diego's Daniela Morales put her team up 1-0 with a 6-3, 6-2 win over Anneros Nederstigt '19 when they were the first to finish their match at No. 2 singles. San Diego made it 2-0 when Colomba DiFilippo earned a 6-3, 6-4 victory over Cristina Saenz de Buruaga Ruiz '17 in the fourth position.

No. 6 singles was next to finish, as Sophia Chow scored another point for the Toreros with a 6-0, 6-2 victory over Yuki Asami '19. San Diego prevented the start of any

doubles matches by sealing the victory at No. 5 singles, where Maria-Paula Torres put down a great comeback effort from Sabrina Rodriguez '19, defeating the Tiger competitor 6-1, 7-6.

With the victory clinched for San Diego, matches at No. 1 and No. 3 singles went unfinished. It was unfortunate timing for the Tigers, as Maayan Sela '19 had won her first set 7-6 against her opponent in the first slot, and was up 2-1 in the second set when the match was called. Meanwhile, in the third position, Anna Ramos Vinolas '20 had won her first set 6-4, lost the second 4-6, and was about to settle the tie with a third set.

The Tigers were back in

action at the Eve Zimmerman Tennis Center the following day, this time taking on the BYU Cougars. Unfortunately, while the Tigers put up a fight in every match, BYU emerged on top with a 4-1 victory over Pacific.

Kate Cusick earned the Cougars their first point with a 6-2, 6-4 win in No. 3 singles over Nederstigt. The Tigers responded in No. 4 singles, where Saenz de Buruaga made it a very special Senior Day with a 6-1, 7-5 victory over her BYU opponent to tie the match 1-1.

Pacific's other senior, Christiana Ferrari '17, also gave a great performance in her last match in front of the home crowd. She was in the midst of

a thrilling contest with BYU's Demi Perkinson when the Cougars clinched the win; the match stood at 3-6, 6-2, 2-3.

After Saenz de Buruaga evened the match, the Cougars took the lead with a 6-4, 6-3 win by Taylah Beckman over Rodriguez in the fifth position. Savannah Ware-Avina then extended the Cougar lead to 3-1, beating Sela 7-6, 6-2. BYU then clinched the match when Natella Nabieva beat Vinolas in three hotly contested sets, 6-4, 2-6, 6-4.

With the loss, Pacific fell to 5-11 on the year. The Tigers will next compete tomorrow in Portland, where they will start a three-match road trip to finish out the season.

## Sudoku Challenge!

*The Pacifican presents the Sudoku Challenge. This one is just for fun! Thank you all for playing!*

